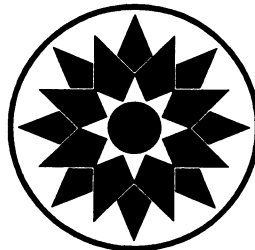


This packet contains six reproducible student activity sheets for the SUNBURST video,

STRESSBUSTERS

SUNBURST grants permission to reproduce these materials in any quantity desired.

Replacement sheets can be ordered from SUNBURST by calling the toll-free number listed below.



SUNBURST COMMUNICATIONS

Pleasantville, NY 10570

U.S.A. and CANADA

(800) 431-1934

WHAT IS STRESS?

- *It's Jenny's day to read her report to the class. She hates to speak in front of a group. She has been thinking about it all week. Jenny is **stressed!***
- *Robbie's father lost his job. There is less money now. Robbie's parents are worried and upset. Robbie and his family feel a lot of **stress.***

Think about the word **stress**. What does it mean? Get together with one or two other people. Talk about the meaning of **stress**. Then complete the items below.

1. Stress is something people feel when: _____

2. Stress can cause these feelings in your body (name two or three):

3. Stress can cause these feelings in your mind (name two or three):

- **Think about it:** *Does everybody feel stress sometimes?
Does everybody get stressed about the same things?*

STRESS DETECTIVE

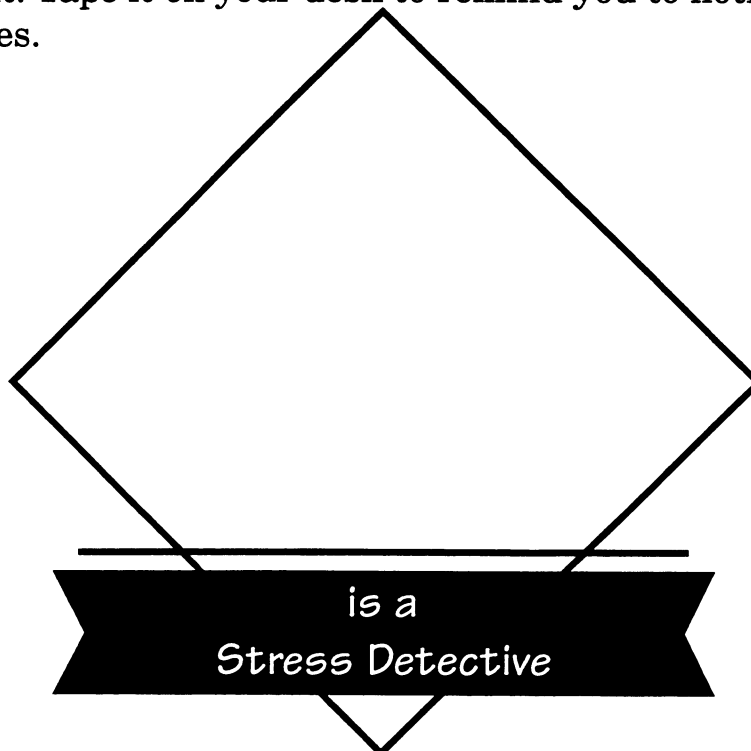
Sometimes, you have to pay close attention to know when you are stressed. Everybody has his or her own clues. Mark may get a headache. Kelly may get an upset stomach. Jody may feel angry without knowing why.

What are *your* stress clues? Write at least one stress clue below.

STRESS CLUE (OR CLUES):

I know that I am stressed when:

Now that you recognize at least one of your own personal stress clues, you can be a *Stress Detective*. Decorate the badge. Write your name on it. Tape it on your desk to remind you to notice your stress clues.



- *Talk to someone else in the class. Compare your stress clues. Are they same, or are they different?*

DEALING WITH STRESS

There are positive ways to handle stress, and there are negative ways. The positive ways are helpful. The negative ways are not.

Read the examples below. Think about the choices that are listed. For each choice, circle the + if you think it is a positive way to handle stress. Circle the - if you think it is a negative way. If you're not sure, circle the ?.

1. Lucy has a part in the school play. She has learned her lines very well. But she still worries that she will forget them. She thinks about this at night, and she has trouble getting to sleep.

Lucy could:

- + - ? Talk with her teacher or another adult about her worry.
- + - ? Quit the play.
- + - ? Go over her lines for 10 minutes each night before bed.
- + - ? Read a book before bed to get her mind off the play.

2. There's a big kid who hangs out on a certain corner when Gavin walks to school. Every day, he looks at Gavin in a mean way. Gavin is scared of this kid. His stomach gets in a knot just thinking about him.

Gavin could:

- + - ? Tell his parents he is sick so he won't have to go to school.
- + - ? Tell his parents about his problem and ask them to help him figure out what to do.
- + - ? Find other kids to walk with so he'll feel safe.
- + - ? Walk to school a different way, even if it takes longer.

MY OWN STRESSBUSTERS

When you feel stressed, it can help to talk to someone about it. Who could *you* talk to? Write their names in the space below.

People I could talk to:

When you're stressed, there are things you can do to feel better. One person might read a book. Another might ride a bike. What are some activities *you* would choose? List them or draw pictures of them.

Activities I could do:

GOOD FOR YOU!

Sometimes, even good times can cause stress.

For each item below, decide whether the situations would cause no stress, some stress, or a lot of stress. Mark each one.

Be sure to think about how each situation would feel to *you*.

When you have finished, get together with a partner or a small group. Talk about your answers.

1. It's your turn at bat!

- a. You're playing after school with your friends.
- b. You're trying out for the Little League team.
- c. It's the league playoff game. Your family is watching.

No Stress	Some Stress	A Lot of Stress

2. You have a part in the school play!

- a. You're in the chorus with 18 other kids.
- b. You have few lines, but you have to sing a solo.
- c. You have one of the two lead roles.

3. You're going to sleep away from home!

- a. You'll be at your best friend's house for one night.
- b. You're going to your grandmother's house for 3 nights.
- c. You're going to sleepaway camp for 3 weeks.

4. You're going to a party!

- a. It's a family reunion, with relatives you've known for years.
- b. It's your own birthday party. All your friends are coming.
- c. You moved to a new town. This is the first party you've been invited to.

► **Think about it:** Why do some of these situations seem more stressful than others? What makes them stressful? Does everyone see them the same way?

